Eat well

Protecting your eyes starts with the food you eat.

Studies have shown that nutrients in omega-3 fatty acids, zinc and vitamins C and E may help to prevent age-related vision problems such as macular degeneration and cataracts.

Foods containing eye-friendly nutrients include green leafy vegetables, oily fish such as salmon eggs, wholerains, chicken and citrus fruits.

You should also ensure that your alcohol intake is within the Department of Health's recommended limits.

Be screen smart

Although working at a computer won't harm your eyes, sitting staring at a screen for long periods can cause 'screen fatigue' – sore, itchy or tired eyes; headaches; impaired colour perception and temporary blurring.
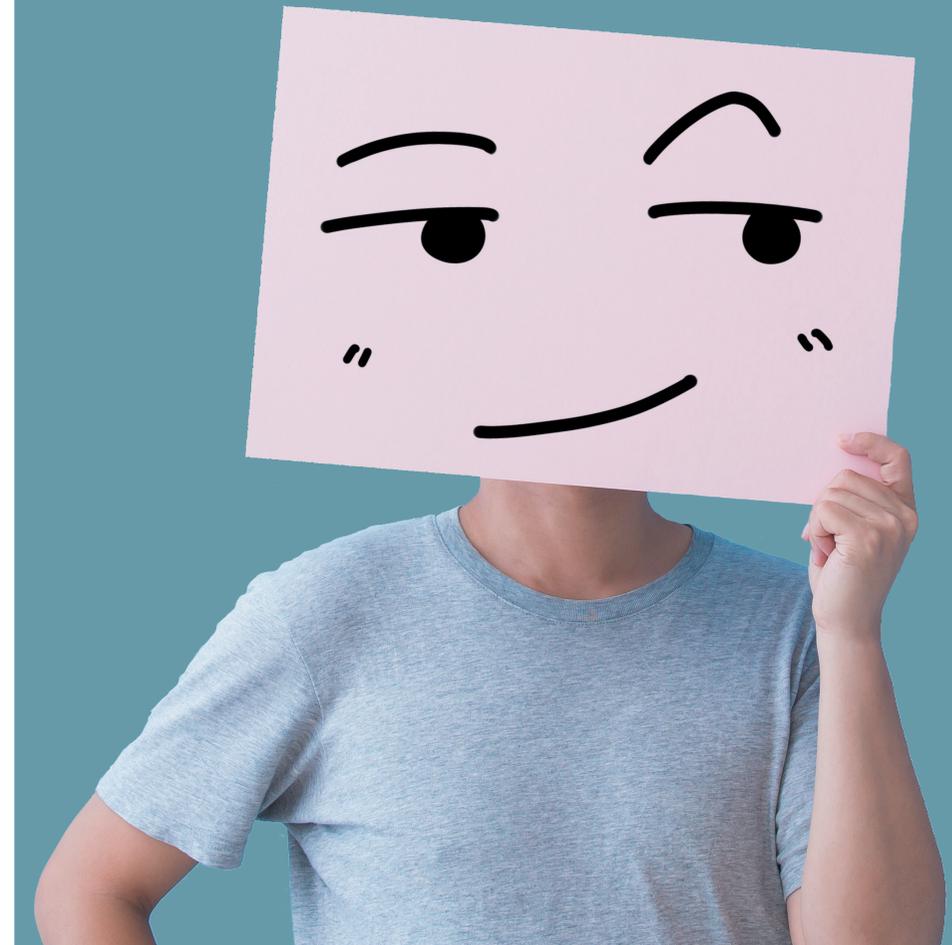
So, it is important to take regular breaks to keep your eyes feeling fresh and bright.

This leaflet has been published to mark National Eye Health Week 18 – 24 September 2017.

For more information about looking after your eyes visit **www.visionmatters.org.uk**

NATIONAL EYE HEALTH WEEK
MONDAY 18 – SUNDAY 24 SEPTEMBER 2017
YOUR VISION MATTERS

TOP TIPS FOR GOOD EYE HEALTH

Follow our simple lifestyle tips to help keep your eyes and vision healthy.

Regular check ups

Get your eyes tested every two years even if you think your vision is fine.

Some eye conditions, for example open angle glaucoma, may not show any noticable symptoms so regular check-ups are vital.

Quit the habit

If you smoke, you have another good reason to kick the habit. Smoking is directly linked to blindness.

Current smokers are up to four times more likely to develop macular degeneration (the UK's leading cause of blindness) compared to past smokers or non-smokers.

It's all relative

Talk to your relatives about your their eye health as some eye conditions have genetic links such as glaucoma or squint.

It is important that you share this information with your optometrist or eye health professional.

Be cool in the sun

Protect your eyes when it is sunny or when you're in high glare areas such as near snow or water.

Cumulative UV exposure can increase your risk of developing cataracts and macular degeneration.

When choosing sunglasses make sure that they are safe as well as stylish! Look out for the CE, UV 400 or British Standard marks – this ensures they provide a safe level of protection from the sun's damaging UVA and UVB rays.

Contact care

If you wear contact lenses make sure you look after them properly.

Thoroughly wash and dry your hands before touching your contact lenses or your eyes and only ever clean your contacts using the contact lens solution recommended by your practitioner.

Never shower, sleep or swim with your contacts lenses in because this can put you at risk of developing a serious eye infection which could lead to blindness.

Also, don't wear them for longer than recommended by your practitioner or the manufacturer.

Protect your eyes

If you work with hazardous or airborne materials at work or home wear safety glasses or protective goggles to protect your eyes from injury.

Keep fit and healthy

Regular exercise is essential to stay fit and healthy and contributes to maintaining good eye health.

Don't forget to wear protective eyewear when playing sports such as squash to protect your eyes from flying balls.

Cyclists should also wear their prescription eyewear when out on the roads.